

Basic Report 11260, Mushrooms, white, raw ^a

Report Date:September 27, 2014 17:44 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1.0 cup, pieces or slices 70g	1.0 cup, whole 96g	1.0 large 23g	1.0 medium 18g	1.0 slice 6g	1.0 small 10g	0.5 cup pieces 35g
Proximates									
Water	g	92.45	64.72	88.75	21.26	16.64	5.55	9.24	32.36
Energy	kcal	22	15	21	5	4	1	2	8
Protein	g	3.09	2.16	2.97	0.71	0.56	0.19	0.31	1.08
Total lipid (fat)	g	0.34	0.24	0.33	0.08	0.06	0.02	0.03	0.12
Carbohydrate, by difference	g	3.26	2.28	3.13	0.75	0.59	0.20	0.33	1.14
Fiber, total dietary	g	1.0	0.7	1.0	0.2	0.2	0.1	0.1	0.4
Sugars, total	g	1.98	1.39	1.90	0.46	0.36	0.12	0.20	0.69
Minerals									
Calcium, Ca	mg	3	2	3	1	1	0	0	1
Iron, Fe	mg	0.50	0.35	0.48	0.12	0.09	0.03	0.05	0.18
Magnesium, Mg	mg	9	6	9	2	2	1	1	3
Phosphorus, P	mg	86	60	83	20	15	5	9	30
Potassium, K	mg	318	223	305	73	57	19	32	111
Sodium, Na	mg	5	4	5	1	1	0	0	2
Zinc, Zn	mg	0.52	0.36	0.50	0.12	0.09	0.03	0.05	0.18
Vitamins									
Vitamin C, total ascorbic acid	mg	2.1	1.5	2.0	0.5	0.4	0.1	0.2	0.7
Thiamin	mg	0.081	0.057	0.078	0.019	0.015	0.005	0.008	0.028
Riboflavin	mg	0.402	0.281	0.386	0.092	0.072	0.024	0.040	0.141
Niacin	mg	3.607	2.525	3.463	0.830	0.649	0.216	0.361	1.262
Vitamin B-6	mg	0.104	0.073	0.100	0.024	0.019	0.006	0.010	0.036
Folate, DFE ^b	µg	17	12	16	4	3	1	2	6
Vitamin B-12	µg	0.04	0.03	0.04	0.01	0.01	0.00	0.00	0.01
Vitamin A, RAE	µg	0	0	0	0	0	0	0	0
Vitamin A, IU	IU	0	0	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.01	0.01	0.01	0.00	0.00	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.2	0.1	0.2	0.0	0.0	0.0	0.0	0.1
Vitamin D	IU	7	5	7	2	1	0	1	2
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Lipids									
Fatty acids, total saturated	g	0.050	0.035	0.048	0.012	0.009	0.003	0.005	0.018
Fatty acids, total monounsaturated	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.160	0.112	0.154	0.037	0.029	0.010	0.016	0.056
Cholesterol	mg	0	0	0	0	0	0	0	0
Other									
Caffeine	mg	0	0	0	0	0	0	0	0

Footnotes^a Ergosterol = 56 mg/100 g.^b Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-formyl folic acid, and 5-formyltetrahydrofolic acid plus total folate determined microbiologically^b Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-formyl folic acid, and 5-formyltetrahydrofolic acid plus total folate determined microbiologically^b Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-formyl folic acid, and 5-formyltetrahydrofolic acid plus total folate determined microbiologically